

**Objectives:** skating, passing, receiving, body contact, hockey concepts, FUN **Equipment Needs:** 4 nets, pucks, tires, 4-8 coaches

**Drills/times:** free play (5 min) SAG 10 min, 3 stations @ 7min each (21 min) 2 stations @ 7 min each (14 min) SAG @ 10 min = 60 min

**Pass Over the Line Game (10 mins)**

Play 3 v 3 cross ice with the nets near the dots facing the boards. Draw a goal line for both nets. Players are not allowed to carry the puck over either of the goal lines. They must move to support the puck so that they can pass the puck from zone to zone. Promote puck support and communication.

**Skills & Concepts:** puck support, breakouts, offensive zone play, defensive zone play, transition



**3 Stations – (7 mins each, 21 mins total)**

**Underhandle / Quick Pull Shooting, Kane Spin-o-Rama Puckhandling / Shooting**

**Underhandle / Quick Pull Shooting (7 mins)**

Player starts at the hash mark and goes around the 3 cones with the puck on his forehand only, after the 3<sup>rd</sup> cone, he drives to the tire. As he gets just past the tire, he give a quick pull of the puck (backhand to forehand, or forehand to backhand depending on which side he is on) and tries to score.

**Skills:** skating, puck handling, zone entry, shooting, scoring

**Underhandle / Quick Pull Shooting (7 mins)**

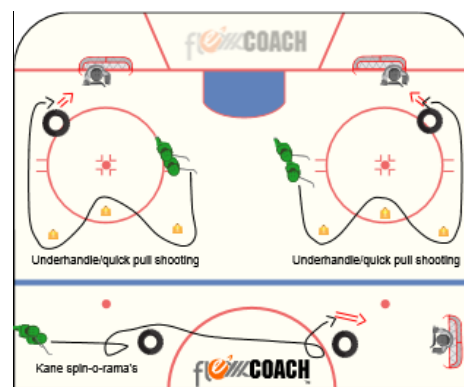
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**Skills:** skating, puck handling, zone entry, shooting, scoring

**Kane Spin-o-Rama Puckhandling & Shooting (7 mins)**

Player skates to the first tire and performs a spin-o-rama to his backhand side and attacks the second tire where he performs a second spin-o-rama. Player is to take a back hand shot as he comes out of the spin-o-rama, Pat Kane style.

**Skills:** Skating, puckhandling, underhanding, shooting, scoring



**2 Stations – (7 mins each, 14 mins total)**

**Angle Through the Dot 1 v 1 (7 mins)**

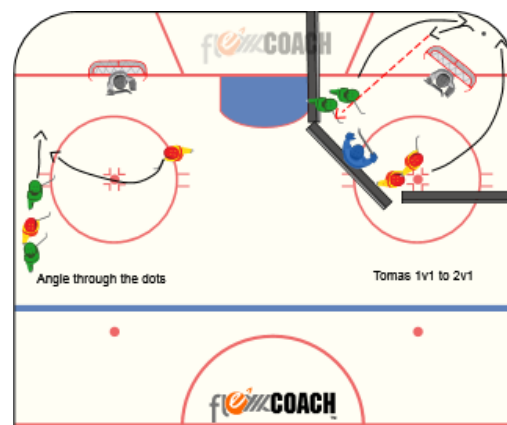
The player in the middle of the ice skates towards the wall through the face off dot. Once he hits the dot, the first player in line can take off and attack the net. The anglers job is to try and eliminate his progress towards the net with proper angling and body contact. After the drill is whistled dead by the coach, the player who was trying to score now becomes the next angler (defender) and the drill runs continuously.

**Skills:** game situations, angling, defending, forechecking, body contact, scoring

**Tomas 1 v 1 to 2 v 1 D / Z (7 mins)**

Coach places a puck up against the wall behind the net and the first two players take an angle around the net to try and win the puck. The player that wins the puck passes to his line to initiate a quick 2 v 1 scoring chance. Play it out until a goal is scored or the D-man gains possession.

**Skills & Concepts:** game situations, passing, receiving, scoring, offensive concepts, defensive concepts, body contact, competing



**Defend the Net Front Game (10 mins)**

Play 3 v 3 - Before they can shoot at their designated net, they must pass to one of their point men. The point man must pass to his partner who can shoot or pass but must do so by two-touching the puck (one touch stops it, second touch moves it). Defenders must defend the players at the net front, not the point men. Attacking forwards should get to the net for tips and screens.

**Skills & Concepts:** puck support, defensive zone play, offensive zone play, transition

